

Philip Sousa Band starring Anna Maria Alberghetti.

July 16-21, "Guys & Dolls" starring Abe Vigoda, Hugh O'Brien, Kathryn Crosby.

July 22, Charles Aznavour & Jane Oliver in concert.

July 23-29, The Sergio Franchi Show.

July 30-Aug. 4, "Bubbling Brown Sugar" starring Cab Calloway.

Aug. 6-11, (Performers to be announced.)

Aug. 12, Count Basie and His Orchestra.

Aug. 13-18, Lena Horne & Vic Damone.

Aug 19, Organist Virgil Fox in concert.

Aug. 20-25, The Johnny Cash Show, June Carter & The Carter Family, Jan Howard, The Tennessee Three.

Aug. 26, Elly Stone in the original "Jacques Brel."

Aug. 27 - Sept. 1, The Tom Jones Show.

Sept. 2, Sha Na Na.

Sept. 3-5, The Roy Clark Show.

Sept. 6, "The Big Eli Show," reflections on a legend.

Sept. 7, Gran Ballet Folklorico de Mexico.

Sept. 8, Foster Brooks.

Sept. 9, Anne Murray.

Sept. 10-12, Musical review to be announced.

Sept. 13-15, The Bobby Vinton Show.

CHILDREN'S SHOWS Thursdays at 10:30 a.m. July 12, "Treasure Island"

July 19, "Swiss Family Robinson."

July 26, "Connecticut Yankee."

Aug. 2, "Bugs Bunny," also shown at 2 p.m.

Aug. 9, "The Wizard of Oz."

Aug 16, "Pinochio."

The above programs are subject to change. Further information may be obtained by calling the Box Office at 383-1400.

SUMMER TIPS

The barbecue season is here. Glowing charcoal briquets give burgers, dogs, steaks and chicken that great flavor.

But keep the glowing coals in the hibachi or grille where they belong — in the open air.

In a closed space, they can kill from carbon monoxide fumes.

Medical journals have many reports of victims who brought the grille indoors — into a camper, tent, house, motel room; some because it started to rain, others to provide heat on a cool evening.

Other barbecue tips include not grilling in an area where children are playing to avoid a youngster running into the grille, tipping it over and begin burned.

Lighting fires leads to tragedies through carelessness. Gasoline should be avoided as an igniting means. Electric charcoal lighters should be checked. If stored in damp places, elements can short out.

Do not add lighter fluid to a grille once the fire is going.

Long handled tools and heavy gloves prevent burn risk and a heavy apron helps protect not only from grease but sparks.

Roll up sleeves and keep loose clothing away from the fire.

A sprinkle bottle of water helps curb flames flaring from dripping fat that

can ruin an expensive piece of meat and cause burns.

Controlled heat gets best results. One briquette layer should be sufficient, and a covered grille or sind-break to protect against drafts is preferable.

When finished cooking, put out live coals by dousing with water.

SUMMER HEAT

American Medical Association advises that you can't really beat the heat — not outdoors anyway.

A.M.A. has some tips on ways to combat it.

— Stay out of the sun as much as possible, especially during midday when sun rays are hottest.

— Wear light, loose clothing.

— Drink more liquids than usual but take extra salt only on physician's advice, particularly if you have liver, kidney or heart conditions.

— Take a shower or dip once or twice a day.

— Get plenty of rest and sleep.

— Eat your regular diet and don't go overboard on cold cuts and salads unless you like them and eat them regularly.

— Do heavy yard work in the early morning or at dusk.

— Don't overdo exercise, whether work or play.

For the busy woman with not a minute to spare...
Put yourself in our hands!



Total hair and skin care

This is the staff that does it all...hair design and coloring... perms... european facials... make-up... nail sculpture... waxing... fine beauty products, too.

Hair Loft

659-2069

at Herring Hill on Rte 123 in Norwell Center

REDKEN

Open Mon-Sat, 9-5:30, Wed & Thurs (Men's Night) eves 'til 9

TOABE'S
Hardware & Sporting Goods

Shape up your home

Plumbing
Lawn Furniture
Housewares



Lawn and Garden
Outdoor Living



Electrical
Paint & Sundries
Appliances



Tennis
Baseball
Soccer

Come see the Snaubaert Tennis line from Belgium

Ask for your free tension check

True Value
HARDWARE STORE®



Toabe's Hardware & Sporting Goods

Hanson

Marshfield

Pembroke

Hanover, Rt 53, Tedeschi Shopping Plaza